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HOMEMAKERS' CHAT

U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION

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SUBJECT: "Si, Si, Senor" Information from Office of Marketing Services, War Food Administration

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In English, when you are offered a tall, frosty glass of lemonade, your immediate reply would surely be, "Yes, thank you". In French you'd say, Oui, oui (wee-wee). The Spanish word for yes is "Si", which gives you the first clue to that famous citrus vitamin, Vitamin C.

Lemons, oranges and grapefruit share top honors with green vegetables as a source of Vitamin C...the indispensable vitamin that helps to keep your bones, teeth and gums in healthy condition. In fact, Vitamin C has so many jobs to do in the body you'll want to always say "yes" to any Vitamin C-rich food.

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Lemons...desirable every day in the year...reach the pinnacle of popularity during the hot months. Lemonade seems almost like a must, but this season you may run into a snag when you reach for the sugar sack.

There's the catch. Every cup of sugar must be used thoughtfully this summer...used where you want it most...because the national sugar bowl is way down to an all-time low. So it seems like a pretty good idea to make lemonade an extra-special this year...instead of an everyday occurrence.

But when you just can't resist the temptation to put your lemons into lemonade...here are a few sweetening suggestions. Of course, you know when you don't want to waste a single sugar crystal, you should make a syrup for any beverage instead of trying to dissolve sugar in a cold liquid. You can make your sugar go farther if you heat equal amounts of sugar and water until the mixture reaches the boiling point...then set it aside to cool before you make the lemonade.

Other sugar stretchers you might use in lemonade are corn syrup and honey, both of which give lemonade a delicate flavor, slightly different from sugar syrup, but quite delightful. If you have any canned fruit juice left over, that too, adds to the variety and quantity of lemonade.

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On the other hand, you may decide to forego lemonade this summer. However, you won't want to do without that tangy lemon flavor entirely...and you really do need all the Vitamin C you can get. You'll find that lemon juice...and lemon rind, too...collaborate very well with many different fruits and vegetables and meats.

A fruit salad or a fruit cocktail is vastly improved by the addition of a little lemon juice. And for a good vegetable salad dressing, too...you can hardly find a substitute for that lemon juice flavor.

If you have never added lemon juice to hot, buttered vegetables, give it a try next time you serve asparagus or harvard beets. A little lemon juice on fresh spinach or other greens is delicious...gives greens a brand new flavor you'll like.

When you make fruit pies or cobblers, bake a few thin slices of lemon right in with the fruit, and you can accentuate the sweet fruit flavor by contrasting it with the tangy, citrus juice.

So...if you pass up lemonade this summer for lack of sugar, use your lemons other ways. Remember that both the juice and rind of lemons can improve the food value, flavor and fragrance of many a meat, fish, fruit and vegetable dish.

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